

THE HAWAIIAN RECIPES GIVEN BY MRS. WILSON

Persimmons May Be Substituted for the Guava Used on Tropical Islands for Delicious Dishes—Yam Cakes Are Good

By MRS. M. A. WILSON

The South Sea Islands, as they are frequently called, are in a tropical climate, and the natives, like all tropical peoples, are easy-going, indolent and care-free.

The housekeeping of the natives in Hawaii is an extremely simple process; among the laboring class the main meal of the day is prepared in a large earthen pot, over a slow charcoal fire or embers.

Guava Jelly This fruit is not only abundant in the South Sea Islands, but it may also be frequently purchased in our northern markets.

Baked Bananas Place one-half dozen ripe bananas in a baking dish and add two tablespoons of water.

Alligator Pear Salad Cut the pear into quarters and then pare and slice. Cut in thin slices and then place in a bowl and cover with the juice of one lime.

Baked Alligator Pears Cut the pears in half and then remove the seeds. Place three seeded raisins in a baking dish and pour two tablespoons of sirup and two tablespoons of water over the pears.

Banana Pudding Peel and then rub six bananas through a coarse sieve and add five tablespoons of sugar and beat again.

Tapirua Coconut Pudding Wash one-half cup of pearl tapioca in plenty of water and then rub the bottom in one pint of boiling water.

The winners of the PRIZE MENU CONTEST

For the week have been announced. Three prizes are offered for the best menu for a dinner and a half dinner for four people.

- The prizes are as follows: First, \$2.50 Second, \$1.00 Third, \$1.00

Rules: The foods used must be staples and in season. Each menu must be accompanied by a sales slip showing the cost of all the materials.

Mrs. WILSON'S MENU CONTEST INDEPENDENCE SQUARE

Cook very slowly for twenty minutes and then add one cup of prepared coconut and the stiffly beaten whites of two eggs.

Hawaiian Chicken Dinner The Hawaiian chicken dinner is delicious. Singe and wash a broiler, remove the skin and then cover with boiling water, adding

Four small onions, Four small carrots, One teaspoon of thyme. Cook slowly until the chicken is tender, and when ready to serve season with salt and pepper.

Waldiki Beach Salad Pare and cut in dice Two oranges, Two bananas, Two large apples.

Waldiki Dressing Place in a saucepan One-half cup of honey, One-half cup of water, Juice of one orange, Juice of one-half lemon, Three level tablespoons of corn-starch.

Yam Yam, a species of sweet potato, grows to a generous size; it may be cooked just like our sweet potato.

Yam Cakes Wash and then cook until tender eight medium-sized yams. Cool and then peel and grate with a rubber through a sieve. Season with

One teaspoon of salt, One-half teaspoon of pepper, One tablespoon of grated onion, Two tablespoons of finely minced parsley, One-eighth teaspoon of nutmeg.

Menu Contest Honor List

Table with 2 columns: Name and Total. Miss Georgia Jones, 2411 Wharton street. Total \$1.49

Table with 2 columns: Item and Price. Eggplant, \$1.00; String Beans, \$1.00; Potatoes (baked), \$1.00; Sliced Tomatoes, \$1.00; Lettuce, \$1.00; Bread, \$1.00; Butter, \$1.00; Coffee, \$1.00.

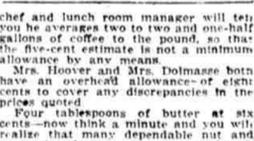


Photo by Central News Service.

The Woman's Exchange

To E. A. P. Have you tried the Public Library for your Nellie Blum books? I am sure you could find them there.

A Taffeta Dress Dear Madam—Will you please tell me how a silk taffeta dress can be cleaned? What can bring the color back under the arms that has been faded by perspiration?

Freihofers EMPLOYEES PICNIC The Freihofers Baking Co. Salesmen's Association is giving a picnic today in Maple Grove to 1205 employees.

WHAT'S WHAT

By HELEN DECK. "Be mistress of yourself, though China fall."

An Autumn Wedding Dear Madam—Will you kindly send me instructions concerning a simple church wedding that is to take place in the fall next summer?

Friday—A Man at Six The eccentricities of "the hermit of Grub street" as he came to be known, were confined to living alone.

Making More Money

Tim Carey's Big Idea If J. Carey, the "Tim" to virtually everybody that knew him—had had any one a few years ago that had dreamed of a business and a few loose ends in South America and Europe they would have laughed at him.

Tim Carey had two or three other prospective customers. Slowly and very carefully, because his capital was extremely limited, Carey began to build up a business in simple shoes, each pair being selected with care.

Salada Pour the kettle's brew of fragrant, amber over the tinkly ice and know it will be the most refreshing drink you ever served.

Girls! Howard's Buttermilk Cream

An old-fashioned beauty recipe brought up to date—contains true buttermilk in the form of a wonderful vanishing cream. Sold by all first-class drug and dept. stores on the money back if dissatisfied.



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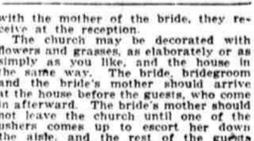


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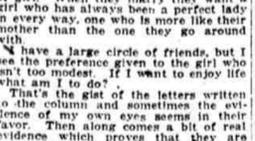


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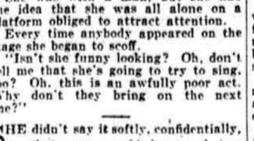


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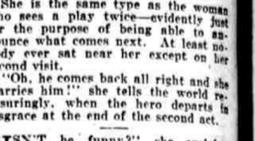


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Please Tell Me What to Do By CYNTHIA A Plea for the Real Girl Dear Cynthia—I have read many letters in the column written by the plain girls...

THERE ARE THREE PESTS WHO GO TO THE THEATRE Two of Them Are Chronic, but the Third, With Whom We Deal Today, Only Appears When She Is in a Bad Humor

Getting Into the Movies To the Editor of Woman's Page: Dear Madam—I am a reader of the Evening Public Ledger and I certainly think it a fine paper...

T. B. P. Defines Love Dear Cynthia—Will you kindly convey the following to "The Juror": The Buckeye is a pleasure to thank you on behalf of myself, "Billie" and the members of the "Round Table"...

What Shall She Do? Dear Cynthia—What would you think of a man who, after calling on a lady once a week for over six months, stays away without any reason...

Our Baths message and expert treatments eliminate all excess fat, rid the body of all impurities, will induce good digestion, improve circulation; in short, restore the body to vigorous HEALTH—the real secret of Beauty.

Dr. Jaeger's Co. 1516 CHESTNUT STREET PHILADELPHIA Imported Jaeger Rugs Pure soft wool, closely woven, light yet soft and warm, for motoring, yachting and outdoor use; \$22.50 upward.

Pat-A-Cake Orange Cake MIX one package of "Pat-a-cake" with graded milk and juice of one orange. Put juice in cup and add enough water to make one cup. Bake in greased and oiled pan...

Pat-A-Cake GAMBRIEL Product C-A GAMBRIEL MFG. CO. 1714

Eye Talks A Series of Eye Talks By Joseph C. Ferguson, Jr. Our Next, Wednesday, Aug. 23. FTER much research work two prominent physicians claim that the eyes are frequently responsible for influenza, pneumonia, whooping cough, nose, throat and lung troubles.

Jaeger's Woolware 100% PURE NATURAL WOOL. Bacteria and germs which irritate the eyes are just as easily conveyed from the eyes to the throat and thence to the stomach or lungs.

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Keeping cool— is such a simple matter when you have some Tetley's Orange Pekoe Tea! The very sight of a frothy dripping glass, tinkling with fragrant, full-flavored Orange Pekoe starts your temperature "cool-ward."

TETLEY'S TEA makes good tea a certainty Wise selection, skillful blending, careful packing—that's Tetley's! JOSEPH TETLEY & CO., Inc. New York, N. Y.